



# COMMANDER, U.S. NAVAL FORCES, JAPAN

## OMBUDSMAN

### NEWSLETTER

22 September 2006

Dear CNFJ Family and Friends,

11 Sep 2006

WOW!! It sure has been a busy summer and where did it go?? Kids are already back in school and the Yokosuka-based Fleet's about home from their summer deployment - time is flying and we in the Forward Deployed Naval Forces remain engaged throughout the Seventh Fleet's area of responsibility. Thanks! Early in July I traveled to Hokkaido to meet with the Commander Pacific Fleet, Admiral Gary Roughead on his last (until today) swing through the region. We were there to discuss the long range outlook and plans for the U.S. Navy in Japan and the western Pacific and also to join in the Port Visit of USS KITTY HAWK, USS COWPENS (CG 63) and JDS YUUGIRI (DD 153) from Japan's Maritime Self-Defense Force, to Otaru, near Sapporo - a magnificent location in a gorgeous part of Japan! We had the honor of being aboard for the ship's reception and Independence Day Celebration on July 4<sup>th</sup>. While in Otaru, KITTY HAWK, COWPENS & YUUGIRI participated in many community relations events, sporting events and ship exchanges - like all of 7th Fleet's port visits, this interaction between Japanese and American Sailors is invaluable in maintaining and strengthening the ties between our two navies which, in turn, strengthens the U.S.-Japan Alliance. The visit was also valuable in allowing ADM Roughead and I to meet with our SDF counterparts in Northern Japan and discuss ways to improve the already great relationship between the Japan Maritime Self Defense Force and the U.S. Navy, and by extension the U.S.-Japan Alliance. Note that the North Korean missile shots you all heard about in the news happened while we were in Otaru - it provided for MUCH discussion throughout the remainder of Admiral Roughead's visit in country - to Misawa, Tokyo, Yokosuka and Atsugi, Iwakuni and Sasebo - many of your Sailors were engaged in these events in one form or another - thanks for making sure the visit was done right, and allowed our Fleet Commander to focus on what counts!



In July USS MUSTIN (DDG 89) arrived in Yokosuka to join the FDNF, replacing USS Vandegrift who returned to San Diego following eight glorious years of Naval service from Yokosuka. This ship along with the arrival two weeks ago of USS Shiloh as USS Chancellorsville's replacement (more later) represents a considerable improvement to the capabilities of the FDNF, CTF70 and DESRON 15, and is part of a long-planned, routine upgrade of the the Forward Deployed Naval Forces operating out of Japan. I would like all of you to join me in welcoming the MUSTIN crew and their families to our Yokosuka Community and making them feel at home. Help them learn more about Japan and the Japanese so our hosts can learn more about the Navy and the people who make it up - the "face of the FDNF" is MOST important! Encourage our new arrivals to get out and see what is here. Get off base, meet the local citizens and let them meet you. The more we learn about each other, the better we understand the motivations and interests of our counterparts and fellow Yokosukans. Just as our Sailors work and conduct exercises with the JMSDF in order to strengthen the Alliance, I suggest all of us in the CNFJ family encourage each other - Sailors, family members, friends - to take advantage of every opportunity to mingle with the Japanese and to travel to places like Otaru, Kamakura, Tokyo, Kyoto, MT Fuji, The Japanese Alps, the Boso Peninsula, Aomori, Shikoku for the Awa Odori, etc - yes, Amy and I have done all these so I know you can too - get out and see the country - it's terrific!! You will find the scenery fantastic and the people warm and friendly - and I need your help in showing the face of the FDNF while strengthening our bonds of familiarity and friendship. Take care of each other and become involved in our communities, on and off base. When you travel around Japan, learn as much as you can about the locale and the people there: customs, traditions, history. And let them know about you, where you are from, your interests. Cultivating personal relationships among our Sailors and those of the JMSDF, and among our families and our Japanese neighbors will strengthen the alliance as surely as the operations between the JMSDF and the USN, of which MUSTIN and Shiloh are already integral parts.

In mid August, I accompanied Yokosuka Mayor Kabaya to San Diego to personally show him, first hand, a nuclear powered aircraft carrier (USS Nimitz) and to hear for himself from Navy and local leaders/city officials about having nuclear powered warships located in their midst. As you know, the USS KITTY HAWK will return to the United States in 2008 for decommissioning, to be replaced by the USS GEORGE WASHINGTON (CVN 73). The Mayor received assurances and proof that Nuclear Powered Warships practice stringent safety procedures, and are very conscientious in the operation of their reactors and related equipment. This is a major issue for all of us to play a role in as we gear up for the arrive of GEORGE WASHINGTON, and the departure of KITTY HAWK crew and family members and the influx of GEORGE WASHINGTON crew and family members will receive tremendous attention Nationally in Japan but especially from our Yokosuka Navy Community. You are already the human face on the information they are receiving from many different sources, and I truly need your friendly voices telling the right story, and showing all how we handle the high pressure mix of operational and safety requirements in the FDNF with the needs of family, friends and everyday life.

And finally for BIG visitors we've been hosting in Japan as the summer ended, the Honorable Donald C. Winter, Secretary of our Navy and Marine Corps, visited at the end of the August for a series of meetings with Japanese government officials, American Embassy personnel, the Seventh Fleet/CNFJ and the Japanese Self Defense Forces. While visiting Atsugi, Tokyo, Yokosuka, Iwakuni and Okinawa, he gained a far better understanding of the nature of the Forward Deployed Naval Forces and our relationship with the Ships and Sailors of the JMSDF, so essential to the success of the Japan-U.S. alliance and the defense of Japan. He was also here to welcome our newest arrival to the FDNF Yokosuka, USS SHILOH (CG 67) as the most capable cruiser with the best missile defense capability in our entire Navy, and to speak a few words about our USN-JMSDF partnership, the state of the alliance, the importance of our mission here, the way ahead, and the need for all of us to be good Ambassadors at all times - points I encourage all to pass along.

September is already going nuts! Mentioned Admiral Roughead is here - for Admirals Greenert and Crowder Seventh Fleet Change of Command on 12 September - we have made HUGE strides in our effectiveness as a Fleet and as a Forward Deployed Naval Force during Admiral Greenert's tenure - you should ALL be very proud of your contribution in that effort!! So welcome the Crowders from Washington DC!!! We also will welcome our Naval Installations Commander who "owns" all the naval bases and facilities around the globe - VADM Bob Conway - who visits this week. And we just hosted (at the New Sanno Hotel) all of our regional Ombudsmen for a Conference in Tokyo Sept 5<sup>th</sup> and 6<sup>th</sup> - Graciela promises (ok, me too) much good info for our families from that effort - it was really good work. And this Friday the 15th of September, it's every holiday celebration we ever have in the US Navy wrapped up into one event - the 2006 Chief Petty Officer pinning ceremonies happening around the globe - please join all of us leaders of the Navy, wherever you are stationed, this Friday at the appropriate time to see these most important leaders of our Navy get promoted - I promise there won't be a dry eye in the house, and speaking personally, I will have such a profound sense of honor to be allowed to participate in our celebration in Yokosuka - where we will promote nearly 50 CPO's, among them four of CNFJ's very own staff - congrats to Chief's Pigford, Fogel, Seaman and Willoway - CONGRATS to all our new Chiefs everywhere - our Navy and Nation depend on you to serve and lead with honor, courage and commitment. Take care of your ships, your shipmates, and yourselves - and I'll see you there!!!

Sincerely, Jamie Kelly, CNFJ



## **- OMBUDSMAN INFORMATION -**

Hello CNFJ Family:

Welcome to Japan to our new personnel and farewell to the families that are leaving us. Please send me your family information forms with a spouse email address, so I can forward information regarding different activities taking place in our AOR. Also, if you or your spouse will be deployed, please let me know if I can be of any assistance. Congratulation to all new Chief Petty Officers!

### ***Friends, Families and Ombudsmen across the CNFJ AOR:***

I would like to thank RADM Jamie Kelly for his tremendous support hosting the first Regional Ombudsman Symposium on 5 and 6 September 2006 at the New Sanno Hotel in Tokyo. We had great participation and support from all of the commands, as well as the ombudsmen. 48 ombudsmen from Atsugi, Misawa, Sasebo, Yokosuka and Singapore and all the FFSC ombudsman coordinators in the region attended this great training. Admiral Kelly provided the opening and closing remarks for this event. He spoke of the importance of communication between the CO, CMC and the ombudsman, as an important part of mission accomplishment as family readiness greatly contributes to mission readiness. He also spoke about the importance of the ombudsmen and provided guidance based on his own experiences with the program. Cathy Adams-Bomar our FFSC Regional Program Director did a fantastic job in putting together this training and provided outstanding speakers. Mrs. Cathy Stockoe, CNIC FFSC Program Director attended the symposium and hand carried a video from the CNO and Mrs. Mullen welcoming the ombudsmen to the Symposium. She also provided updates on the ombudsman program and training in lessons learned after Katrina.

This was a valuable experience for all of the participants, I believe that the Symposium provided the ombudsmen with information on the changes to the ombudsman instruction, Emergency Management/Shelter Operations to better prepare us to support the command's emergency plan if needed. Team Building and Cultural Awareness training exercises were also important.

The participants benefited from mutual experiences, shared concerns and developed communication skills. Discussion also focused around how we can we better support our Individual Aumentees and their families. In sum, this training prepared us to better serve you; the Navy Family, Great training! Thank you to all that participated.

## **- AREA NEWS AND EVENTS -**

## **NEW PROCEDURES FOR A PASSPORT APPLICATION PROCESS**

Effective Monday 9 January 2006, all passport applicants must follow the procedures outlined below for their application process:

Applicants must fill out all Department of State (DoS) passport applications (DS-11/Application for U.S. passport) online at: <http://www.travel.state.gov/> (select online option) and upon completion of the form print all applicable pages. Applicants must report to NAVPTO Yokosuka with all the required documents, i.e., DD 1056, valid citizenship documents, previously issued U.S. passport, etc., for execution of the application by a passport agent (do not sign the application prior to reporting to NAVPTO Yokosuka). When entering the website, click on passports, then on the left hand side under applications click on DS-11. When the page comes up scroll down to fill out the DS-11 online and print to submit to an Acceptance Facility or Passport Agency. The applicants must fill in the form in its entirety and then print the form.

NOTE: Customer commands are advised that the current DS-11/Application for U.S. passport completed by hand can be submitted, however, it will take longer to process by the DoS than online applications.

## **FLEET & FAMILY SUPPORT CENTERS**

Take advantage of the classes being offered this month. Did you know FFSC also provides: Information and Referral Service, Computerized Job Applications, coupons, Computer Tutorial, visit or contact the FFSC to find out more on the classes they are offering!

## **CFAY Fleet & Family Support Center**

CFAY Fleet & Family Support Center October 2006 schedule of classes

PRE-REGISTRATION IS REQUIRED

For all classes except the ones marked \*\*

Call today at: 243-FFSC (3372)

## **Thriving in Japan Workshops**

### Area Orientation Brief/Intercultural Relations

(This class is required for all incoming adults. The 4-day class is from 7:45 AM to 4:00 PM each day).

Tuesday – Friday, 3<sup>rd</sup> – 6<sup>th</sup>

Tuesday – Friday, 10<sup>th</sup> – 13<sup>th</sup>

Tuesday – Friday, 17<sup>th</sup> – 20<sup>th</sup>

Tuesday – Friday, 24<sup>th</sup> – 27<sup>th</sup>

Tuesday – Friday, 31<sup>st</sup> – 3<sup>rd</sup>

### Enjoying Japanese Food

Monday, 2<sup>nd</sup>, 9:00 am - 1:00 pm

### Your Japanese Home

Monday, 16<sup>th</sup>, 8:30 am - 12:30 pm

## **Financial Management**

### Thrift Saving Plan Overview

Wednesday, 11<sup>th</sup>, 10:00 am - 11:30 am

## **Employment Assistance**

### Employment Overview- Yokosuka Area

Thursday, 5<sup>th</sup>, 1:30 pm - 2:30 pm

### English Teachers Networking Group

Thursday, 19<sup>th</sup>, 12:00 pm - 2:00 pm

### Getting Started Teaching English

Wednesday, 18<sup>th</sup>, 10:00 am - 12:00 pm

### Interview Techniques

Tuesday, 10<sup>th</sup>, 10:00 am - 12:00 pm

### Effective Resume Writing

Thursday, 12<sup>th</sup>, 11:30 am - 1:00 pm

### Government Employment Tips

Thursday, 26<sup>th</sup>, 10:00 am - 12:00 pm

## **Life Skills Workshops**

### Communication, Anger, Stress, Assertiveness - CASA (4-part series)

2<sup>nd</sup>, 4<sup>th</sup>, 11<sup>th</sup> & 16<sup>th</sup>, 2:30 pm - 4:00 pm

### Japanese Spouse Group

Wednesday, 4<sup>th</sup> & 18<sup>th</sup>, 10:00 am - 12:00 pm

### English as a Second Language

Monday, 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>

10:00 am - 11:30 am

### Pre-Marriage Seminar (1-1/2 days)

Thursday & Friday, 19<sup>th</sup> & 20<sup>th</sup>, 9:00 am



### SAVI Refresher Training

Monday, 2<sup>nd</sup>, 1:00 pm - 3:00 pm

### Stepping Stones

Every Monday, 2<sup>nd</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>

3:00 pm- 4:30 pm

### Choices

Wednesday, 11<sup>th</sup>, 12:00 pm - 1:00 pm

## **New Parent Support**

### Baby Basics

Tuesday, 10<sup>th</sup>, 11:30 am - 2:00 pm

### Basic Breastfeeding

Wednesday, 18<sup>th</sup>, 2:00 pm - 4:00 pm

### Boot Camp for New Dads

Tuesday, 3<sup>rd</sup>, 1:00 pm - 4:00 pm

### Labor & You

Monday, 2<sup>nd</sup>, 1:00 pm - 6:00 pm

### \* \*Play Morning

Friday, 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>, 9:30 am - 11:00 am

### NMCRS' Budget 4 Baby

(Please call NMCR at 243-4450 for sign-ups)

Thursday, 5<sup>th</sup>, 5:00 pm - 7:00 pm

## **Youth Outreach**

### Youth Anger Management (8 sessions)

Tuesday, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

2:30 pm – 3:30 pm

### Youth Conflict Resolution (4-part series)

Tuesday, 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>

3:30 pm - 4:30 pm

### Youth Problem Solving (8-Sessions)

Wednesday, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

2:30 pm – 3:30 pm

### Youth Self-Esteem Training (4-part series)

Wednesday, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

3:30 pm - 4:30 pm

## **Transition & Relocation**

### Accelerated Transition Assistance (ATAP)

(This class is for separating military members with less than 8 years of service. This is a 4-day class from 7:30 am -4:00 pm each day.)

Monday - Thursday, 2<sup>nd</sup> - 5<sup>th</sup>, 7:30 am

### Managing Your Transition (TAMP)

(This class is for separating military members with more than 8 years of service. This is a 4½-day class from 7:30 am – 4:00 pm each day.)

Monday – Friday, 16<sup>th</sup> – 20<sup>th</sup>, 7:30 am

🍁 Career Options Navy Skills Evaluation Program- (CONSEP)

(This class is for military members with 6 - 12 years of service. This is a 4-day workshop from 7:30 am - 4:00 pm each day.)

Monday - Thursday, 30<sup>th</sup> – 2<sup>nd</sup>, 7:30 am

🍁 PCS Workshop

Friday, 6<sup>th</sup>, 8:00 am - 12:00 pm

🍁 Sponsor & Sponsor Coordinator Training

Friday, 20<sup>th</sup>, 2:00 pm - 4:00 pm

🍁 Yokosuka Widows Support Group

Wednesday, 25<sup>th</sup>, 11:30 pm - 2:30 pm

### **Ikego Classes**

🍁 \*\*Play Morning

Every Thursday, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>

9:30 am - 11:00 am

🍁 Employment Overview and Tips

Tuesday, 17<sup>th</sup>, 10:00 am - 11:30 am

🍁 Japanese Culture Series – Ikebana for Adult

Friday, 6<sup>th</sup>, 10:00 am - 12:00 pm

🍁 Japanese Culture Series – Japanese Craft for Adult

Wednesday, 4<sup>th</sup>, 10:00 am - 12:00 pm

🍁 Kid's Craft Class

Tuesday, 24<sup>th</sup>, 10:00 am - 11:00 am

🍁 Welcome To Ikego

Tuesday, 10<sup>th</sup>, 9:00 am - 2:30 pm

🍁 Japanese Spouse Group

Wednesday, 11<sup>th</sup>, 10:00 am - 12:00 pm

### **Negishi Classes**

🍁 Kid's Craft Class

Friday, 6<sup>th</sup>, 10:30 am - 12:00 pm

🍁 Welcome To Negishi

Wednesday, 11<sup>th</sup>, 10:00 am - 3:00 pm

### ***-MWR NEWS-***

MWR e-news provides information about the most current Fleet Activities Yokosuka, Negishi Housing Detachment and Ikego Housing Detachment MWR programs, activities and events. It is updated, and disseminated weekly by the MWR Fleet



Activities Yokosuka Marketing Department. For details contact the respective facility directly or call us at 243-5414.

Active-duty military personnel, military retirees, visiting military reservists, DoD civilian personnel and their family members are eligible to participate in any of the following MWR programs, activities and events unless otherwise noted.

MWR Yokosuka website can be accessed at:

<http://www.cfay.navy.mil/mwr/index.html>.

MWR October Focus Magazine is now available online at:

[http://www.cfay.navy.mil/mwr/downloads/focus\\_oct06.pdf](http://www.cfay.navy.mil/mwr/downloads/focus_oct06.pdf)

### ***-DECA-***

DECA is celebrating Family Day on Monday, September 25, 2006 between the hours of 1700-18:30. "Dinner on us" is the theme. There will be culinary specialists on hand offering free, tasty samples to enjoy. So, please come out and bring the family.

Case lot Sale!!! Saturday, September 30 and 1 October 2006. Come out for great savings on paper products, canned goods, and a whole assortment of great items. A list of items to be sold will be available before the case lot sale at the ID check-in desk.

### **New Reporting Options for Domestic Violence**

The Department of the Navy has two reporting options for victims of Domestic Violence: Unrestricted Reporting and Restricted Reporting. Unrestricted Reporting is the traditional option; victims and/or witnesses use existing channels to report domestic violence (Family Advocacy, base security, NCIS, Ombudsman, command, and medical). Under Restricted Reporting, the victim can seek medical treatment and counseling services without notification of service member's command and base security (or other law enforcement). For a victim to choose Restricted Reporting, the victim must report the abuse **only** to a Family Advocacy Victim Advocate, a Family Advocacy Victim Advocate Supervisor, or a Healthcare Provider (a Fleet & Family Support Center clinical counselor or any person authorized to provide direct patient care at the USNH or dental facilities). In certain circumstances there may be exceptions regarding making a restricted report. For further clarification or training concerning Restricted Reporting, contact a Family Advocacy Victim Advocate by walking in or calling your Fleet & Family Support Center.

### **TYPHOON PREPAREDNESS PROGRAM:**

Japan's Typhoon season runs from May through November. Please prepare now so you are ready should we experience a typhoon or tropical storm. Tune in to radio, your base commander's channel and official websites for developing information should a typhoon occur. Also, remember to stow your furniture or other items that may become missile hazards in the event of a typhoon or tropical storm conditions, so that they don't end up in someone else's yard, or living room.

### **Storm Preparation Checklist:**

Battery powered radio  
Batteries  
Flashlights  
Pet kennels  
Disposable Diapers  
Drinks  
Coolers/Jugs  
Water storage Containers  
  
Paper cups/plates/utensils

Bottled Water  
Plastic trash bags  
Matches/candles  
Camp Stove/Propane  
Lanterns  
Sleeping Bags  
Pet Food  
Ready to serve Baby  
Formula  
Non-Perishable Foods

### ***-ORGANIZATIONS-***



***Did you know that . . .***

**NMCRS helps with a broad spectrum of needs?** These include emergency transportation, first-time insurance premiums, food, shelter and utilities, college scholarships and loans, medical bills, automobile repairs, and more. Not all of the Society's business involves the disbursement of loans and grants.

In addition, Natural disasters like Hurricane Isabel, the California forest fires, and tragedies like the terrorist attack on the USS Cole and the Pentagon, bring the value of the Navy-Marine Corps Relief Society into sharper focus. In such cases, NMCRS can provide special additional assistance, thanks to the overwhelming benevolence of individuals, organizations, and corporations around the world.

**NMCRS—Always There For You!**

[www.nmcrs.org](http://www.nmcrs.org)

**Money for college could be as close as your local Navy-Marine Corps Relief Society Office?** The Society is helping eligible students pursue their academic goals by providing nearly \$2.7 million to fund education scholarships and loans for Sailors, Marines, and their families.

The Society has several financial assistance programs designed to help you and your eligible family members pursue higher education. Don't rule out college before contacting us!

NMCRS Education Programs:  
A Helping Hand!  
[www.nmcrs.org](http://www.nmcrs.org)

**Visiting Nurses working for the Navy-Marine Corps Relief Society will make home, hospital, or clinic visits?** They provide health education and instruction while acting as a liaison with other resources. During 2003, the Society's Visiting Nurses conducted more than 33,000 patient contacts, offering emotional support in times of stress; assisting patients' understanding of medication, diet, and follow-up care; and providing continuity between patient, doctor, and community resources. Ask about feeding newborns, postpartum care, and parenting skills. For more information, contact your nearest Navy-Marine Corps Relief Office.

NMCRS: Service with a Smile!  
[www.nmcrs.org](http://www.nmcrs.org)

### ***-MILITARY ONE SOURCE-***

Since January 2004, Military One Source has been partnering with Fleet and Family Support Centers to provide a comprehensive network of service and support to all Active Duty, Reserve Sailors, and their families. This is especially important for those families that live, work, and play in remote areas that do not have access to Fleet and Family Support Centers.

You are also encouraged to try the toll free number. Military OneSource consultants have a Master's degree in a counseling discipline and can provide information on a variety of subjects including referrals for auto or home repair, assistance locating child care, consumer information prior to a purchase, legal information, or a referral for face to face counseling for short term problem resolution. If your needs are more specific, there are Specialty Teams that provide more in depth information about subjects like Financial Counseling, Financial Planning, General and College Education, In-home Child Care, Adoption, and Eldercare.

### **Smooth Moves**

Moving decisions and relocation are a big part of military life. Let Military One Source help you move with:

- Personalized research on your next duty station
- Tips on handling relocation stress
- Minimizing out-of-pocket expenses
- Portable careers and job openings for spouses
- Making new community connections
- Changing schools
- Finding affordable housing and child care

### **Smart Financial Moves**

Moving to a new duty station? Military OneSource can help you keep your finances on track when:

- Buying or selling a home
- Dealing with employment and financial changes
- Developing a realistic relocation budget
- Documenting moving expenses for taxes

You name it. We can help -- 24/7!

1-800-342-9647

[www.militaryonesource.com](http://www.militaryonesource.com)

Visit our website for overseas, Spanish and hearing impaired toll free telephone numbers.

Military OneSource is a virtual extension of existing installation services.

Provided at no cost by the Department of Defense to active duty, Guard and Reserve (regardless of activation status) and their families.

**NEWSLETTER - Please send me anything you may think may be of interest to the command families.**

If you have any suggestions, questions, concerns, or items you would like to share with our CNFJ family, please e-mail me. Thank you.

*Sincerely,*  
**Graciela Meave**  
**CNFJ Regional Ombudsman**